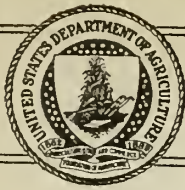


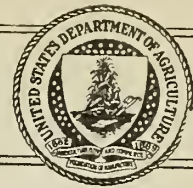
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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 12, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

WHY FRUIT JUICE FOR THE BABY?

When a doctor sees, in a children's hospital within four months' time, 17 babies seriously ill with scurvy, he knows that something is very wrong in that community. Seventeen cases of scurvy are bad enough in themselves, but for each case that comes to the hospital, there are sure to be many other ailing babies outside, with nobody knowing just what is the matter with them.

This happened recently in one of our big cities. It happened because the babies had not had the right food. Probably the same thing is happening in other places where many people have been out of work for a long time and their families have been on short rations. It can happen, however, where there is plenty of all kinds of food except vegetables and fruits. Or where people do not choose to eat

enough vegetables and fruits. It can happen to babies that have plenty of milk and cod-liver oil and cereal -- but no orange or tomato juice;

Scurvy is due to the lack of one particular food substance -- vitamin C, which we get chiefly from vegetables and fruits. Adults who eat plenty of vegetables ^{and fruits} do not have scurvy. Nor do babies that have orange juice or tomato juice every day. But anybody, young or old, who goes for a long time without such foods, or with not enough of them, will sooner or later show symptoms of scurvy. It may be mild at first, but gradually, as time goes on and vitamin C foods are still lacking, the disease becomes acute..

So the baby's orange juice, or tomato juice, is by no means just a fad or new-fangled notion. It is true our parents and grandparents, perhaps we ourselves, never had orange juice when we were babies. Oranges were too scarce. They came at Christmas time, for good children only, out of Santa Claus' pack. As for tomatoes, some people thought they were poison! Nobody thought these foods were necessary for babies then.

But times have changed --- especially for the babies. The United States Children's Bureau, in its directions for infants' care, advises a regular feeding of orange juice or tomato juice for the baby every day, beginning when he is a month old. This in addition to his milk and cod-liver oil. It is a safeguard against scurvy.

But why do we say this now, when babies used to get along without any orange or tomato juice? Nutritionists of the Bureau of Home Economics in the U. S. Department of Agriculture tell you why:

Babies that live on their mothers' milk are not likely to have scurvy. This is true for two reasons: The mother's milk contains vitamin C, if the mother has plenty of vegetables and fruits to eat, and the baby gets the milk before any

vitamin value can be lost. But many, many babies nowadays do not live entirely on their mother's milk. And in times of unemployment and scarcity of money or food, many mothers do not have the vegetables and fruits they need to make their milk rich in vitamin C.

Bottle-fed babies -- and there are many of them -- do not get much, if any, vitamin C from the cow's milk that is in their bottles. Cow's milk when fresh from the cow does contain vitamin C, provided the cow is well-fed, but much of the vitamin C is lost before the milk can be delivered at your door. Cow's milk is usually pasteurized for the baby's use, in order to kill any harmful bacteria it may contain -- bacteria which might cause tuberculosis, or diphtheria, or some other infectious disease. To pasteurize milk, you heat it. This heating destroys vitamin C.

For the bottle-fed baby, then, his milk must be pasteurized to protect him from infectious diseases, even though this process destroys the vitamin C in milk, for there are other foods that furnish vitamin C. Orange juice and tomato juice are the best of such foods because they are so rich in vitamin C and because the baby can take them better than he can take the vegetables and fruits his parents and the older children may use -- such vegetables as cabbage, green peppers, and greens of all kinds, and such fruits as apples, peaches, and berries.

For the baby, in fact, orange juice and tomato juice are probably the most economical and convenient sources of vitamin C as well as the richest. The baby needs so little -- a teaspoon of strained orange juice twice a day, by the end of his first month, then 2 teaspoons, then a tablespoon twice a day by his third month. Of tomato juice, you give him about twice as much each time.

It is true that the babies' fruit juices cost a little more than their cereal, and more, in proportion, than their milk. But they do not cost much at that, and few mothers would fail to provide them somehow, if only they realized how

important they are. Relief agencies, so far as they can do so, try to make sure the children of families on their lists get foods rich in vitamin C. But apparently, to quote one doctor, some mothers "think of the fruit juices as a nice thing for the baby if they can be readily afforded, but not as a real necessity. When the shoe pinches the juices will be among the first things to be dropped from the budget".

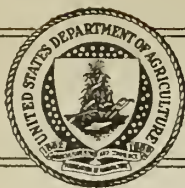
To provide orange juice for the baby alone, you need 2 or 3 oranges a week, depending on the size and juiciness. Never squeeze the orange and let the juice stand, however. It loses vitamin C that way. To make one orange go as far as possible for the baby, cut a small piece off one end and squeeze the juice from that end-piece for one feeding, then turn the cut surface of the orange into a plate or saucer and set it in a cool place until the baby's next feeding time. Then cut off another small piece of the orange, squeeze out of it another spoonful or two of juice, as required, and again turn the cut surface of the orange into the plate to keep for the next feeding - and so on.

Tomatoes, fresh or canned, may be used for the baby's tomato juice. Strain off his portion of the juice when you open the can, and keep it closely covered in the coolest place you have.

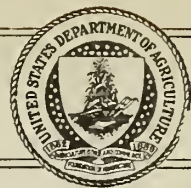
All this brings us back to the nutritionists' advice to mothers and housewives, repeated week after week by the Bureau of Home Economics in print and by radio and intended to apply to all the family: MAKE SURE FIRST OF THE PROTECTIVE FOODS, ESPECIALLY FOR THE CHILDREN, and then buy the other foods you need. If that rule is followed the baby will get his milk and his fruit juice, the older children and the rest of the family will get theirs, too.

In other words, the children should have tomatoes or oranges or the juice every day. As soon as they can take it, give them, every day, a green or yellow vegetable and some other fruit or vegetable besides. These are not all the foods they need, of course, But they are the ones they are most likely not to get unless somebody sees to it before the other, usually cheaper, foods are bought.

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 19, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

Every meal -- Milk for children, bread for all

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4-H GIRLS AND FOOD BUDGETS

In Washington this week, on the wide green "Mall" that spreads between the Capitol building and the Washington Monument, are clusters of khaki tents, occupied by boys and girls from the farms, who are attending the Ninth National 4-H Club Camp. Most of the tents are on the grounds of the U. S. Department of Agriculture,

What are 4-H Clubs? City people ask that question. Country people know. The 4-H Clubs, with a membership well on toward a million boys and girls (917,000 last year), represent a vast educational undertaking for the young people on the farm. As a feature of the extension work of State agricultural colleges, with the cooperation of the Extension Service of the U. S. Department of Agriculture as provided by Act of Congress 21 years ago, these boys and girls are organized to

learn how to be good farmers, good homemakers, and good citizens. Most of them are between 10 and 20 years old. Their 4-H symbol stands for training of "Head, Hand, Heart, Health". Their method is to learn by doing.

Representing the million members, nearly 200 boys and girls with outstanding records of achievement are at the camp. They are getting acquainted with the National Capital. They have earned the trip, as a reward for particularly good work in the club program. They come from 41 States.

At your State or county fair you may see 4-H Club exhibits -- perhaps of fine calves, pigs, or chickens, corn, wheat, or potatoes, or some other crop grown by some 4-H boy. You may have bought, somewhere, some of the meat, poultry, eggs, milk, or "garden truck" produced by some 4-H boy or girl. If there is a farm women's market in your town, you may have treated your family to some of the canned fruit or vegetables, jellies, or preserves representing the summer output of some ambitious 4-H Club girl. But there is of course a great deal of 4-H work which you cannot see outside the home where it goes on.

Here is a home, for example, where an older 4-H Club daughter has taken over the management of the family meals for a month. That is her club assignment, and mother takes the chance. The club program is directed by a trained home economist. Daughter is allowed to work out the family food budget, plan the meals and prepare them for a month.

Not every family works on a budget, so the 4-H Club girl may be able to do a pioneering job on this occasion. She reckons, of course, on the foods that will come to the kitchen from the home farm and garden, orchard, berry, and melon patch. Perhaps she can plan to get along with no cash outlay for milk cream, butter, cheese, eggs, fresh vegetables, fruits, chickens, ham, bacon, salt pork, perhaps other meat, and lard. All the "protective foods", as the club teaching shows, are on hand, so this family will have all the minerals and vitamins it needs, if all



goes well in the kitchen. But that also is taken care of in the club teaching -- cooking methods to preserve food values, and at the same time produce attractive dishes. Daughter on her mettle, too -- for the club achievements are all judged and each girl gets a rating for her work.

Most farm households in these days buy their flour, meal, and breakfast cereals, their sugar, coffee, tea, chocolate, and various "extras". The young budget-maker must take these things into account, and decide upon the quantities she needs of each kind of food to balance the family diet. When it comes to this, she is the envy of the city homemaker. Cash expenditure for the farm family goes chiefly to the energy foods, the breadstuffs, cereals, and sugar which usually are the least expensive part of a well-balanced food supply. The farm homemaker, with most of the protective foods produced on the farm, does not have to worry about stretching her dollars to include the milk, butter, eggs, vegetables and fruits, and maybe the meats, that take such a big part of the city family's food dollar.

The 4-H Club girl often does another budget, too -- a canning budget. The farm family has its own fresh fruits and vegetables in summer, but must depend largely upon canned and stored ones in winter. No hit-or-miss canning program goes in a 4-H Club. She plans for a budgeted number of cans of berries, cherries, peaches, pears, and plenty of tomatoes -- which are especially important and also the easiest foods to can; so many cans of asparagus, beans, peas, corn, okra, spinach, succotash, soup mixture -- all these nonacid vegetables carefully processed in a pressure cooker to make sure they will keep. Jellies, preserves, and pickles to vary the school lunch and pep up all the meals; canned chicken -- perhaps other canned meats.

She budgets these in due proportion to the rest of the family needs, so there will be no lack of the necessary variety of foods for balanced winter meals. A canning budget, of course, is planned to fit into the other food supplies, so it



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is never a complete food budget. In the smoke-house may be cured meats, in the cellar potatoes, carrots, cabbage, turnips, beets, onions, squash, pumpkins, apples, and other vegetables and fruits that can be stored. But the model pantry holds the carefully planned quantities of canned foods which, with the stored ones, with the day by day milk supply and with the flour and cereals and other necessities to be purchased, will provide a well-balanced food supply for the winter. To make a canning budget requires good planning all down the line.

Some 4-H girls have exhibited at fairs, a model pantry for the baby -- small shelves, with small cans of tomatoes especially, and canned purees of spinach, peas, and other vegetables. To complete this pantry, they have space for cans of evaporated milk to use if needed, for evaporated milk will keep indefinitely in unopened cans, and it has practically the same food value as fresh milk.

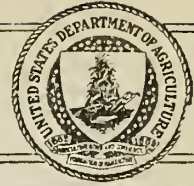
The food programs of 4-H Clubs are by no means all for girls. Some States have them especially for boys, and the boys like this because they cook for their own camps, and often help to prepare the hot dish for lunch at school. All food programs tie in naturally with the gardening programs, of course, and with health education programs.

So there we see three of the H's -- Head, Hand, and Health. The other one -- Heart -- goes into the work to spread its benefits to home, family, friends and community, in the form of good will, good fellowship, and practical helpfulness.

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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
JUNE 26, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

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"CAN SHE MAKE A CHERRY PIE, BILLY BOY?"

A long time ago some tuneful soul inquired, "Can she make a cherry pie, Billy boy?" And that question still puts many a maid and many a housewife to a pretty test.

Not only cherry pie, of course. There are blackberry pie, blueberry pie, gooseberry, plum, peach, and all the rest of the summer fruit pies to be considered at this season. If a census were taken to discover the most popular desserts in the United States, it seems very likely that pie -- most likely fruit pie of some kind -- would show up far ahead in the returns.

The making of fruit pies is indeed an art, says the Bureau of Home Economics of the United States Department of Agriculture. And as with other arts, the



artists themselves differ considerably about the best way to do it. They may agree that the pastry must be delicate and flaky, and that the chief problem in fruit-pie making is to keep the bottom crust from getting soggy. But as to ways of accomplishing that, there are different schools of thought.

The question between the two schools is whether to bake, or not to bake the bottom crust before you put in the fruit. English cooks do not have to worry about this because they make their pies (they call them tarts) without any bottom crust, as we often make "deep-dish" pies. They make the famous English plum tart that way-- as did, no doubt, the Queen of Hearts when she made some tarts, all on a summer's day. But the typical American pies, and American tarts as well, have a bottom crust. And in a good pie the bottom crust is never soggy.

Berries, however, and plums and cherries -- all of which make delicious pies-- have a great deal of juice. Heat makes the fruit juice flow. So does the sugar you use to sweeten the fruit. Juice soaks into the pastry unless you know how to prevent it. There are two ways to prevent it.

I. One school of pie making says -- and this is probably the way your grandmother did it, a way that is hard to beat: Line your pie pan with a thin sheet of dough big enough to come fully over the edge of the pan. Put in the fresh fruit, sweetened, dot with butter, and sprinkle with a little flour. Moisten the edge of the bottom layer of dough, and cover the pie with another thin sheet of dough, pricked or slashed to make a pretty little pattern of openings that will let the steam out of the pie as it cooks. Press the edges of the dough together and "crimp" them, either with your fingers or a fork, and slip the pie immediately into a hot oven (400 to 450 degrees on your Fahrenheit thermometer).

You need a hot oven here because the dough in the bottom of the pan must cook before the fruit juice can soak in. But after about 15 minutes, when the dough has cooked some but is not yet brown, lower the heat until you have only a



moderate oven, and cook until the pie is nicely browned. By that time your fruit is cooked enough -- and it should not have boiled over on the crust and spoiled the looks of your pie.

II. The other school of pie making says -- and in a series of tests in the experimental kitchens of the Bureau of Home Economics, this method was successful more often than any other: Bake your bottom pastry shell before you put in the juicy fruit (we are not talking of apple pie now). But bake the shell very lightly until it just begins to brown, for it has to go into the oven again, with the fruit in. Heat the fruit before you put it in the pie, but heat it only until the juice flows. Then strain off the juice, add to it a little (just a little) cornstarch, well mixed with sugar, and cook this mixture until it thickens. Then stir the fruit itself into the thickened juice. Put this filling into the baked pastry shell, cover with pastry dough, and bake the pie in a moderately hot oven (375 to 400 degrees).

When you make your fruit pie this way you cannot have the oven as hot as you would if you had not already partly baked the pie shell. But you must control the temperature carefully, also the cooking time, or the fruit, which is hot when it goes into the pie, may boil over. In fact, there is some danger of its boiling over anyhow, so you may wish to stick a little paper funnel in the top crust, to let the juice boil up in there, if it must boil, and fall back harmlessly inside the pie. Your moderately hot oven here, however, is intended to prevent this boiling over while the upper crust bakes.

Another question comes, however, on the kind of thickening for your pie. Some cooks say flour. Others say cornstarch. Still another kind of thickening is tapioca. To make your pie filling with tapioca you can simply let the fresh fruit stand in some sugar, with a little of the tapioca sprinkled in -- the sugar to draw out the juice and sweeten the pie, and the tapioca to blend with and thicken the juice.



Still another way to avoid a soggy pie crust is to make tarts, or open pies, for which you bake the shells in advance. Just before serving, put in the filling, heat the tart to crisp it, and serve it hot. Or fill the crisp baked shell with fresh berries, or fresh sliced peaches, or stewed rhubarb, and serve it so. Individual tarts, in shells baked on muffin pans turned upside down, are easiest to serve.

And now that we have put the pie together and baked it, let us go back to the pie crust and see how that should be made. For one pie, says the Bureau of Home Economics, use 1-1/2 cups of sifted soft-wheat flour, 1 teaspoon of salt, 5 to 6 tablespoons of fat, and about 2-1/2 tablespoons of water. Use any kind of fat you wish, but fat has better shortening power than lard. If you like a flaky crust, use some solid fat like lard or hydrogenated vegetable oil. If you like a crumbly crust, you will get it by using melted fat or a cooking oil for shortening -- corn, cottonseed, or peanut oil.

DIRECTIONS FOR MAKING PIE CRUST

Mix the flour and salt and work in the fat with the tips of the fingers or a fork or biscuit cutter. When the flour and fat are "grainy," add the water slowly, and use no more than absolutely necessary to make a stiff dough. On a lightly floured board roll out a little more than half the dough into a thin sheet large enough to line the pie pan. Pat the sheet of dough very lightly into the pan so there will be no air bubbles underneath, put in the pie filling, and moisten the rim of the dough. Roll out the dough for the upper crust, allowing about a half inch extra around the edge. Fold the sheet of dough in half, make a few slashes through both thicknesses near the center, lift onto the pie, and spread out over the filling. Press lightly around the edge of the pan, and if the filling is juicy allow enough dough to fold under well. Lift the pan up and trim off the surplus dough, holding the knife slantwise underneath the pan. With the tines of the fork, press the rim lightly down to the pan, and the pie is ready to bake.

If the undercrust is to^{be} baked before the filling is added, as with berries and other juicy fruits and custard mixtures, line the pie pan with the dough as directed, in cutting off the surplus dough leave a generous turn-over around the rim, prick the dough every two or three inches over the bottom and sides, and bake in a moderately hot oven (400°F.) for 10 minutes, or until the crust is delicately browned. Or instead of pricking the dough, put another slightly smaller pie pan on top of the dough after it is fitted into the pan, and remove after it has been in the oven for 5 minutes, so that the pastry will brown delicately. If the pie is to have an upper crust, moisten the rim of the baked lower crust before adding the top sheet of dough and tuck it well over the edge.

